

M1840

Group III

New York

Wednesday May 13, 1970

~~_____~~
Must Remain in
Transcription Room

MR. NYLAND: So, it is two weeks ago we had a meeting like this, and then ~~last~~ last week we had a tape listening, next week again, ~~tape listening~~. I hope you ^{get} ~~get~~ something out of those meetings. There seems to be a fairly good attendance to it, and I hope you take something home with you. What we are playing is a series of a few meetings in Boston, which I call it a series because ^{it} ~~there~~ is a gradual building up of certain concepts, ^{that has been a relative} ~~which~~ in relation to Work. I hope you can understand what is meant by Work this time, or after this particular period. Some of you have been here from the beginning when we started and then, of course, several ~~xxx~~ others come in and they have to take pot luck. It's difficult, of course, to keep on repeating, and I don't want to do that, because I think that you're old enough to find out for yourself if you want to know what Work is and what it means. So you may not be entirely dependent on coming to ^a ~~the~~ meeting and hearing me explain it. ~~and~~ It is also, as you know, ~~it's~~ constantly discussed on Mondays, and there are several people who can advise you. It depends a little bit, sometimes, on the kind of questions that are asked. ^{And} the question ^{as} ~~on the~~ whole, is really a ^{difficult} ~~different~~ kind of questions. Because how can you, when you come on Monday, introduce an element that will bring the question to a certain level, and because of that, ^{the} ~~meeting~~ itself. To some extent, you might say, when there are people who want to answer, they are dependent on the kind of a questions you ask. ^{ff} So for yourself you have to decide why questions, and also if there are questions, what kind. I

think it's obvious that there are questions; because if you understand the necessity of doing something that we called Work on oneself, you will have certain experiences which, without any doubt, you want to check up on, and you want to see if you're on the right road. But naturally, there is no particular question where there is no Work. So that is the first requirement. ~~The~~ The second requirement is also quite logical, that that what you ask has to come from the right kind of a place. And that may be a little difficult to determine; because where is this place that I want to have such a question about Work come from? That depends a great deal on what you know of yourself; what you are and what you perhaps don't have and would wish. And if that's the case, you have to know the reason why you want ~~the~~ ^{it to} wish ~~it~~. So when we talk about the questions, where that has to come from, you have to determine for yourself where there is a reason for a question within yourself.

Now there are different places, of course, where questions can come from, ~~And~~ ^{and} it's obvious that that the first thing we think about is your mind. But also there must be a reason why you want to ask the question, and that has to come from what you think is the level of your Being. A level of your Being is determined by the operation and activity of the three centers, taken together. It is the level of your personality, and it is, of course, dependent on how you spend your time and energy during the day in ordinary life; and to what extent even if, in ordinary life, you think about other things which have not particular any reason or anything to do with your ordinary life, and you can call your extraordinary life. But it is quite necessary ^{to have} something that you call extraordinary. We call it, of course, Inner Life or sometimes Essence. And the reason for calling it that way is that because there is still a possibility that that can grow ~~out~~ ^{out}; because we're not primarily concerned with the way you are in your ordinary existence. That is an ordinary sociological affair, and partly divided by profession and what

you have to do in earning a living. All kind of economic questions come in on that. ^AAnd to a great extent, it depends on education, and also the people you are dealing with or you have associations with; and to what extent really there is something in yourself that is independent ^{either} of other people, or of the education you have received. The influences which, of course, you have experienced, and which have been digested within you, may have left you with a certain wish for something that, as yet, is not fulfilled, or that you feel is necessary to give attention to. ^{the}Where ~~is~~ difference ~~is~~ ^{what} is between, we call, ordinary life and inner life, that, of course is quite obviously ~~important~~ ^{important?} to indicate.

If I say surface and ~~E~~ssence, and even ~~E~~ssential essence, there is absolute no way that I know where I go from one to the other. I do know that if I go in a certain direction which I call more essential, that there is a certain point when I look back, that that what I have come from is less essential, and the direction I go to is less superficial. ^{its}And, very much the same with this kind of Inner and outer life. Because in outer life we are also a little bit Inner life, when we become involved and have emotions ^{or} ~~and~~ even feelings; when we want to do a thing right and really try to be honest about it. ^AAnd, also, the more we are engaged with the totality of oneself, the more we can say that ^{it} is less superficial and that ^{it} engages more of oneself is, of course, that one becomes much more essentially connected with what you are doing. [¶]But where is Inner life really going over into something that might make you become interested in this kind of Work? Because you see, that is really a very difficult question to answer. ^{there is that}Because I hear about Gurdjieff, Objectivity, I say yes ~~to~~ ^{to} something ^A I call Work on myself. I will interpret it as something I have to do. I can also say that the wish, why I want to do ^{it}, is based on a certain emptiness. ^(?) ^{ed} ~~that~~ ^{night} We talk/ about ^{it} last time, that a person feels that it

is necessary for his further education, and that unfortunately he hasn't heard enough about that, in the sense that he actually has been able to use it. So there are many thoughts that can take place in your mind. And feelings, of course, are included in that. Although you may not define them or formulate them as well as a thought of your mind, at least there is something there that every once in a while says; it would be very nice if I could use this.

Now, the ordinary mind, of course, is quite used to that kind of thought; because if I see certain things around me like, ^{and} let's say, my stomach is empty, or I'm thirsty, and it is transferred somehow or other, to my mind, because I have this experience of being thirsty. And my mind says, 'Why don't I get a glass of water?' And then, if I'm not too lazy, I get up and get it. So ~~there~~ ^{there} is a translation, then, immediately, of a thought into an activity. And I'm quite familiar with that, because, whenever there is interest, and I feel that I ought to do something about it, I will do it. And ordinary life ~~it~~ is based, to a great extent, on that kind of translation of a thought or of a feeling into an activity. I even can go further than that, and say, I do many things even when in my thoughts I don't want to do it. There is something else that compels me to do it. And there may be many reasons why I have to do it. It's obvious, of course, ~~that~~ ^{if} I have to earn a living and I don't like to work, or I don't like the kind of work that I have to do, but it pays me a good salary, then of course I will do it ^{in order to keep alive.} If I say, I have ^a responsibility, and I feel that it is there, even if I don't like to admit it to the fact that I am responsible, there is something in me that usually is ~~educated~~ educated well enough to say that I ought to and as a result, I do it. And many times in ordinary life, I go against the grain; because something else seems to be more important, and then ~~that is the reason~~ I want to do it. I want to do many things, because I am affected by the outside world, and that produces in me a certain feeling; or perhaps even a thought that I want to do certain things simply because

I see them done; ^{or} ~~or~~ that that what is for me, I call it sometimes an example, that I wish to ^{become} ~~become~~ like someone else, then I'm inspired to do that. ^A And many dexterities, ^{or} learning, ^{or} any kind of a form of an acquisition of knowledge, is many times based on the fact that someone else has told me about it, and it becomes ^{attractive} ~~effective~~ to me. So you see, ordinary life, we know very well how to translate a thought or a feeling into an activity. ~~Na~~

Now when we talk about Work, it is the same kind of a problem. ^B Because my feeling and my mind, learning about the possibility of objectivity, learning about that what is necessary when I say there has to be Work done on oneself; or that I, with my mind, or perhaps even my feelings, I say that I know I'm not complete and I want to grow up, ^{and} that then, the thoughts are open, [;] that perhaps there is a possibility of such a growth with my feeling center, as we call that; or a development of a mind in an intellectual direction, and ultimately becoming an Intellectual ^B Body; or sometimes one says, the making of a Soul for a man, ^A All of that is quite logical, ^{and} with my emotional state I can even have the desire that such a thing is good for me, and ought to be done. I can even have a ^{Conscience} ~~conscious~~ saying ^{that} ~~and~~ if I don't do it it is not right; and therefore, if I don't do it, I would consider myself not worth very much. [¶] But I still have a problem, because I now start to think and feel about a certain application. ^A And that is now is linked up with a form of a prescription, ^p which is nothing else but describing what one ought to do. So, so far so good. I'm interested in an extraordinary possibility of development. I also know what I ought to do, ^{or} what someone tells me to do, ^{or} what I read about and interpret it. And I say, Gurdjieff, he must have been a remarkable man, because look there ^{at} his book, ~~there~~ ALL AND EVERYTHING which of course I don't understand quite well. But there are certain indications ~~xx~~ and statements which seem to ~~xx~~ prove

that he knew what he was talking about. And in that book it is given as a prescription for a man to become free. And that ^{then} when he ^{uses} the word Partkdolg-Duty and explains it here and there; not always in such easy terms that I can immediately fathom it, but in any event, I come to a conclusion that something has to be done. And then I go, every once in a while, to a meeting, and we talk. And in that meeting, certain things are indicated that a person ~~is~~ in order to become Conscious and Conscientious; and in order to be called a real man, and as Gurdjieff then would say, 'to become harmonious', he has to do something. But, ^{what} ~~what~~ one wants to do then, and ^{when} ~~one~~ even that is clear; ~~(???)~~, that is, if a description is given that now all you have to do is ^{to} try to observe yourself Impartially; and ~~one~~ adds to it, at the moment when that particular kind of experience takes place, ^{then} ~~that~~ I'm stuck. And there are various reasons why I'm stuck. I call it getting stuck; ~~because~~ because it 's not at all ~~like~~ like feeling thirsty, that I want a glass of water, and I go and get it. I cannot connect this particular wish with the necessity that I'm thirsty. That is really the difficulty. And I can blame many conditions for that. And I can say: 'I've never been taught to connect it.' And there is a great difficulty of making a bridge between ^{that} what I call now my knowledge, and the description of what I should do, and ^{so that then I can} ~~now~~ all I have to do is to follow it. And the very fact ~~that~~ that I must link it up with the need of myself; as, like I say, hunger is very ~~obvious~~ obvious to me.

One has not been educated to be hungry for the development of one's Inner Life. Now you might say, that that is simply a condition we find on Earth; or that it is a condition of our present civilization; or it is the way we have been taught, and there is no room left, And there was never any particular mention made of the necessity of an Inner Life. And also one says, naturally, Inner Life really does not exist on Earth. And all kinds of philosophical answers can be given

why it doesn't exist; ~~because~~ if Mother Nature and the Earth would allow us as mankind to develop further, we would already do it. But there is apparently a certain law which prevents us. It also prevents us ^{from} the understanding that we are not complete unless there is a development of one's Inner Life. And now when I say I want to Work on myself, the motivation for that kind of wish that I should have, in order to Work, becomes extremely complicated for me. Because there is absolutely nothing in the outer world, and nothing naturally, and many times nothing astrologically, that compels me to do this kind of very simple Work, even as a task. In addition to that, there is another difficulty, ~~thing~~. Because here ~~there~~ is something that I call a development of my ^{consciousness} ~~conscience~~ and my Conscience. And it gives, ^{as} ~~it~~ an aim, to become a real man. And, of course, I can't even enjoy that, as an aim. And ^{can} ~~as~~ I look forward to it, and I say: All right, I will go ahead. And then there is given to me such an idiotic little prescription of just observing myself, and to acquire by means of that, a certain amount of knowledge which I (then call) objective. And I'm absolutely puzzled, why I would be interested in the accumulation of such data, when I have in mind the building of a man.

You see, we are at a tremendous disadvantage. Because here we are grown up with the mind already functioning in ordinary life, and sometimes doing quite well; ^{and} ~~and~~ having certain accomplishments with the mind even professionally or an insight in certain things. We have been educated (?). And we have worked in an ordinary sense, ^{we} ~~and~~ have built something of ourselves. And we have become somebody, maybe, in this world. ^{or} ~~and~~ to some extent, we are even respected; ~~or~~ if no one else respects us, at least we can have self-respect. But what is that, now with ^{in the} ~~the~~ mind, looking at something that is quite infantile? Because what is meant by this kind of observation? In the first place, the

word observation is entirely wrong. Add I'm terribly sorry that in the literature which has been translated from the Russian, in some way or other, the word observation was used. It's really misleading, because it is used, so often, in an ordinary sense of observing, ^{linking up with} that what I see, ^a as ~~the~~ result, ^{then,} ~~that~~ receiving information by means of my sense organs. ^That although I can explain why this observation, and particularly when it is used in connection with self, and then becomes self-observation, ^{then,} of course, I can define it in our terminology. ^{other?} But it is a word that is so often misunderstood, because it is linked up completely with an unconscious form of behavior, ^{say,} or let's ~~just say~~ subjective terminology. But aside from the fact that a word is used, if I can understand the concept, it wouldn't matter what kind of a word it is. But I have trouble, already, ~~to see~~ that that what is a result of an observation just gives me a fact only. ^{my} Because in ~~our~~ ordinary ~~life~~, when I observe, I have much more than a fact. Not only that I see an object, but immediately my mind is translating, already, that what I see in all kind of different directions. It recognizes a chair, when it sees a chair. And I also have a judgment about the chair, the way it is. I also, like it or not like it, in accordance with whatever the shape may be, or the color, the way it is manufactured, the way it is made of bamboo, or of oak, or that what is the finish, which I don't like, and the variety of such things that ^{connected} I ~~collected~~ with the object of observation, in an ordinary sense. That I say, ^{why} should I now try to reduce this kind of observation and limit myself completely to just one fact? And I say: The existence only, of that what is the object, which is now under observation. ^{if} I simply say, that if there is something in me which could become ^Aware of myself, it would be a little easier to understand it. ^Because this now, as a question of awareness, simply means that that what one is ^Aware of exists. And the ^Awareness places the accents on that what does the ^Awareness, and not necessarily on the object,

which is by observation placed on that particular accent. But again, if we use the word observation, you have to understand it now as the same as ~~A~~wareness. And still we have to define ~~A~~wareness. Awareness means that ~~something~~ something in me knows that something else exists. That is, in its simplest way, saying that that what now wants to know, will become ~~A~~ware of that what is an object. And that the process for wanting to explain Work in its simplest way, is that I wish the object to be, as it were, presented to my ~~A~~wareness in such a way that it is free from all associations, and all other forms of descriptions, which ~~are~~ ^I used in ordinary life.

Now if I clarify the issue in that way, I become immediately, I use the word ^{now,} ~~A~~ware, of the fact that there is nothing in my mind that is capable of doing this. Because my mind, being used, and ~~well~~ educated in a certain way, and perhaps even for certain purposes, will not allow me to see an object in that way. ~~Now~~ it is perhaps difficult to understand that, because I will say I will do my best. And I will try to become not only ~~A~~ware, but it is associated with an Impartiality, which would not allow the thoughts to be associated with that ^{what} is being ~~A~~ware -- what one is ~~A~~ware of ~~it~~; or also, I do not want to have anything interfere, of my liking or disliking of the particular object. So, when I define that ~~A~~wareness, now, as something that gives me a fact of the existence of ^{the} object only; then I run into a difficulty, ^{that} ~~Then~~ when I say my ordinary mind is also capable of doing the same thing, that I forget that, with my mind as it is, it is impossible to get rid of the associations.

You see, to become Impartial, and also to be able to see ^{that} what takes place at a certain moment when it takes place, and recording it in that moment, is also an impossibility for the mind. And for that I have to study my mind a little bit. ~~But~~ ^{or} Because I see things with my sense organs; ~~or~~ I, let's say, observe, and even if I wish to say I become ^{and} aware, this time a little bit more like an alertness, that there is

something there, and I become aware of the existence; Am I sensitive enough to know that in my mind that particular observation process takes ~~xxxx~~ a little bit of time before that what is being observed, as an object, ~~becomes~~ as an image to my memory? I think one has to be a little bit more sensitive about that kind of a process. Because the time element that comes in and is, every once in a while, observed, is not the time element that grows between ~~the~~ That what one sees; or the thought which comes to one's mind, and activities which is the result of that. It has to do, actually, with the recording of that what is taking place, to be recorded, instantaneously, in my mind. And, of course, I know that whatever sense organ I use, there is always a time ~~interval~~ elapsed between when that object is seen, or heard, or, let's say, touched, any one of the five sense organs, and the registration of that fact in my brain. ¶ Now I look at it a little differently, because if my brain now is functioning in a certain way, I must also know that there are pitfalls when I want to contemplate the possibility of excluding associations. And at exactly during the little time, which elapse(s) before the object under observation is registered, that little time is used by the associations ⁱⁿ my brain, to try to describe it; ~~(?)~~ and, as it were, to recognize it. And, I say, one has to be very sensitive, because we are educated to do it that way. And also, in our ordinary existence, there has been put a premium on that kind of an experience. So that, one says, the person is that way alert; ~~he~~ ^{he} immediately recognizes that what he is seeing. And he immediately can find a name for it, and immediately associates it with all kinds of other things already ^{previously} recognized. I say it is a premium which is placed on the functioning of one's mind. And even one says, that the mind functioning that way is quite brilliant. At least it is clear, and definitely it is activated.

Now against that, we simply propose that that what the mind should learn ~~is~~ is registration of facts, as they are; without interpretation;

without allowing feelings to come in; without associations. And we define that as: an **Observation Process**; in which **Impartiality** exists, and in which instantaneous^{-new}, that is **Simultaneity**, exists. These are simply three things. I only mention that it belongs to a possibility of an intellectual approach. ¶ Now we've talked before about an emotional one, or a recognition of certain facts which I would like to have also as experience, which I cannot immediately define in certain terms. ^{And} When I say, and this time I go in the direction of my feelings, and an emotional possibility, I talk about art as a concept, sometimes, which I already see. And that then, when I wish to create it as an artist, ~~or I~~ ^{if I} want to make sculpture; or a painting; or I have music; or I want to write poetry; or there is a book in my mind; ~~that~~ what is an artist already has a complete concept of what he has to make ~~it~~. And it doesn't exist, but he is able to conceive of it as if it is already present to him.

¶ Now, of course, it is obvious that ~~in the~~ ^{-- in the other --} on the other side of one's emotional development; when it has relation to the affairs of this world in relation to affairs of different worlds; and if a person is sufficiently well developed in an emotional sense, that he calls it religious, and wants to admit that there are all forces higher than he is, which, in all logicality, have something to do with the government of the world and the Universe as a whole; ^{Philosophically is helped} or that he even will () in his emotional approach of believing that that what exists on the Earth is not everything there is, but that the totality of that what exists, as we now know it and see it and look at it, and sometimes study it, ^{that} then, there is a realization that man, being what he is on Earth, is, in comparison to the totality of possible existences, practically nothing at all. And that because of this kind of a concept, a man has, in relation to that what is higher than he is, ~~has no~~ ^{an} entirely different kind of attitude; As if his timidity will have to take place, instead of allowing his conceit to be on the throne of his thoughts.

So you see, whichever way I now want to look at it, either intellectually, or emotionally, and when I have a concept, that I say that, what could be present to me is now linked up, in some mysterious fashion, with that what is a Higher Form of Life, or Being, or the admission of the existence of God as a Father, or in any event, as an all powerful force. Sometimes I say, not necessarily nature, when I ~~mean~~^{leave} that, simply, to the concept of the Earth. But that I'm perfectly willing to use the word Great Nature, in order to indicate the relationship toward the Cosmos. It depends a little bit on how I've been brought up, and what I want to think about; and also what satisfies me when I keep on thinking about the truth of things and where to place them. ¶ But you see, I now am interested in wanting to become something, also, which does not exist as yet; and for which I have some reasons to believe that there is a law against that particular development, which is simply proclaimed as a natural law and belonging to the Earth; that it is an impossibility for me to even understand the law, and only make a statement that the law must exist; because I know I ~~xxx~~ run up ~~ag~~ against many difficulties, which I cannot overcome. So, for that reason, in thinking, it is a little preposterous, even, for a man to consider the possibility of freedom. And this, of course, is a pragmatic question; because there are many of us who want to continue to think about it. And the very fact that the thought is then supported by one's feeling, and that there is a ~~/~~ wish ~~/~~ in a man to understand the depths of his feeling, and to actually explore, for himself, what is his Essence, ¶ There is enough reason, already, to give a belief, in a man, that somehow, in some way or other, he will have to find an answer to that kind of a problem. ¶ ~~And we now~~^{now we} come close to ~~that what~~^{what} is really the concept of one's Inner life; because that has to do with the things unseen. And also, by reasoning, again, ~~we~~^{we} are color blind; or it is not really that

~~kind of a color blind~~

~~to do with the things unseen and also by reasoning again. We are~~

~~color blind, or it is not really that kind of color blindness. We~~

are blinded by ~~our~~^{un-} ~~consciousness~~^{ous}. And for that reason we do not see what is consciousness. You know how your eyes are when there is sunshine.

The sunlight prevents you from seeing details, except shadows; but

~~they~~^{to} have such a ~~sense that~~^{sensitive} eyes, that regardless of the ~~quality~~^{quantity} of light, as represented by the Sun, you can still see that what is in

the dark, and distinguish it. It's quite obvious that ~~the~~^{the} eyes in that way, are limited. Not as much limited when they are still young;

But ~~that as they are~~^{definitely} getting limited when one grows a little older, and has to have glasses in order to get around. ¶ This particular

fact, that one is blinded, is an indication, if I consider it as a blindness, that there also will be a ~~possibility~~^{ss} of seeing. And this

is the conclusion that a person must come to first, when he wants to become interested further in a development of himself; because if that

wasn't there as a basis, and if he ^{is} really ~~is~~ not interested in the possible development of his inner life; or to want to consider the

questions which are much more essential to him than ordinary events of ordinary life on this surface; ~~But~~^{then} of course, he cannot even ~~place~~

the fact that he ought to ~~work~~^{work}, ~~because~~^{then} he doesn't know, what he would be ~~working~~^{of course leaves} for. Now that definition, ~~leads one~~^{leads one} to a certain freedom;

Because, if I consider, now, what I must do for myself, and then see what I am, And remain dependent on the information which my mind

and my feelings are giving to me; ~~when~~^{when} I remain honest in this kind of endeavor, I must logically, and I say, logically, come to the con-

clusion that the facts I gather about myself are not entirely truthful.

It is an honest conclusion, and for that it is a conclusion based on truth. And I'm interested in the truth about myself. There is, in the first place, the time lag which allows the associations. In the second

place, there is always the reasoning power, which comes with any kind of ^{an} observation process through my ordinary sense organs. There is always the interpretation and the 'pigeon-holding'. And there is always the interference, even sometimes, a little ^{bit} ~~out~~ of my feelings.

¶ And now studying myself as an instrument, like a human being, observing certain parts of the world as a whole, because he is ^c acquainted with it and in contact with it. ~~We~~ ^{he} knows that many times that what he sees with his eyes ~~is denied~~ ^{is denied} by what he feels. And that his constant conflicts between the mind and his feelings is not ^{so} easily brushed away; ~~washed~~ Because the mind and the feelings have not the same kind of a language. And it will take a long time before they actually can, let's say, learn 'Esperanto'. As a matter of fact, the language for myself is so varied, ~~It covers~~ ^{It comes} from many different ways and aspects of myself. There is a totality in my personality which speaks, at times, different kinds of languages. There is a comparison, ~~every~~ every once in a while, that my mind has said certain words in a certain language; But I also know that after I have eaten a good meal, my mind is not using that language, but a different, a little different one. And aside from the fact that my feelings may not know what the language is of my mind, my mind itself is not capable of always being, let's call it now, truthful; ~~but~~ ^{but} that is even in relation to the outside world. And for that, I say, it is logical also; because I don't know the facts ^{about} ~~of~~ the outside world. So, of course, I have to go by assumption, and also by interpretation. And in that sense, I get stuck, until I start to acquire more knowledge about other people, or about conditions. And ^{one} I call geography and history, and the other I call psychology.

But if it so difficult to get the knowledge of the ^{then} world, ~~and~~ only
 by certain interpretation of books, or what I hear other people say,
 And I know that I cannot depend on the reporting of some people,
 what they have seen. ^{growing} Knowing well enough that whatever they have
 seen, has been ~~going~~ through the seeds of their own intellects and
 feelings; And that what finally came out in the form of a book is,
 of course, personalized. ~~If~~ So from that I'm driven to the one poss-
 ibility of getting exact knowledge. And I only can get it by some-
 thing with which I am familiar, ~~and~~ which is my own; and over which
 I have a certain form of control. So instead of taking the knowledge,
 now, the rest of the World, I would start in my search of truth to
 find out what is the knowledge of myself. And here again, I'm up
 against it, ^{in a} ~~And it's~~ tremendously ~~difficult~~ ^{way,} difficult, because my
 mind and my feelings, when I consider myself; and when I want to use
 what has been ~~recorded~~ recorded, and is now memory for me; ~~And~~ what
 I now recall, ~~And~~ even that what I now, so-called 'see', ^{or} and what I exper-
 ience with my personality, immediately becomes interpreted, in a
 certain way; ^{where;} and my forgetfulness which is inherent in my memory,
~~And then~~ my memory tries, with all its best, to keep a fact pure; ~~after~~
 some time, it is not so pure any more, as it was before. And it be-
 comes covered with a little bit of different kind of interpretation.
 To explain a fact, I usually, in such a way, ~~(state)~~ that I will be
 able to live with it, ^{so} because the fact itself may not be ¹ desirable
 to me, ~~And~~ perhaps it might even be that that fact that I now re-
 call, and particularly about one's ^{--my} behavior, ^{was} ~~but~~ quite unbecoming. The
 introduction of wanting to save ^{my-} oneself, and to have for myself a
 much better idea of what I think I am, ^{so} that I then to some extent
 even, look for admiration and respect from that source; simply puts
 the whole thing in a very difficult position, regarding myself, when

I wish to obtain real self knowledge. And I must come to the conclusion that my mind ~~that my mind~~ and my feeling are not capable of giving it to me. ^{Alright.} **END SIDE ONE**

Side II

You must understand, now, why this whole rigamarole of a little philosophy. I am trying to explain ~~to~~ to you why a person should **Work**. I ~~should~~ like to give, simply, the ~~founda~~ foundation why a person ought to be interested. So, it is not just a question of listening of how to **Work**. It is really a realization of what one is. And based on ~~that~~, the necessity for **Work** on oneself, regardless of ^{the} difficulties that one has in having information about oneself, and not being able to get selfknowledge, **It** still is a question that ought to be asked: 'Why should I have ~~I have this~~ ^{that} kind of knowledge?' It is cheap, of course, to say that I want the truth. ^{Because I don't know what the truth is.} ^{little} I can go within my own ^{to} mind as far as I can, and I can come ^{to} truthful experiences. And I can ^{say} that if I experience the same thing, and it turns out, all the time, the same way, ~~that~~ ^{that} I gradually become truthful, regarding that particular experience. And of course, there is truth in that, because I ~~have~~ become acquainted with what is the results. And the result being always the same, the conclusion is that that must be the truth. **#** But, again, I run up against the difficulty of simply having, for myself, a working hypothesis. ^{it} And ^{what} simply means, that that ^{what} I assume to be truthful has not yet found a contrary interpretation, ^{It} ~~that~~ has not as yet been denied. And the ^{for} possibility ^{of} that still exists; ^{because} as I add to my experiences by living in life, I may meet certain experiences which will give me deeper insight in that what I thought was the truth; ^{and} ^{come} ^a and then ultimately ^{came} to ~~the~~ conclusion that the truth

was not exactly that, but just a little different. ¶ When in science we work in accordance with what we think is a law; And we propagate such a law, And we base on that our different ways of analysis and trying to find out what is ^{the} truth, we simply assume that the truth ~~is~~ -- is built -- is based on our assumptions. And for the purposes of ordinary life and work, it's quite alright to have ^{that} until I find ^a the facts which is contradictory. And that the sole aim of ~~science~~ ^{science} is to establish axiomatic facts, which are the fundamental 'absolute truth' for ~~science~~ ^{science}. And the reason for that is, that on that particular kind of truth, as an axiom, everybody can agree. ¶ Now ~~that~~ we have a definition of what we are striving for. We want to have something that is ^{so} truthful for each one of us, that it is true for everybody, without exception. That ^{it} is true for humanity, as a whole, ⁱⁿ Exactly the same way ^{as} that we define objective Art as an Art form which affects everybody, without exception. Not always in the same way, but it has to have an effect. And it is recognized, then, as a form of Art. That is a definition maybe, which ^{is} within certain limits of a framework, in which ^{the} a man, as an artist has been brought up; But nevertheless, there is a fundamental issue at stake, that each person is affected. ¶ For that we use the word, 'Objectivity'; And it brings it immediately outside ^{of} the realm of ^{all} subjectivity. And again, by analogy, I use now the word Objectivity in order to illustrate what I wish as facts, when I want such facts to be Absolute. ¶ You see, now the aim is defined. And from that standpoint, I continue to reason a ~~it~~ a little bit more; Because I say, Why is it necessary to have an absolute self-knowledge? You ~~can~~ see, that this is now in relation to an entirely different problem; Because I ^{can} live on this Earth without having any Absolutness. I can live constantly in relativity. I can also compare

things with each other, and give them relative values. And I ~~am~~ not interested in finding the truth, as long as it is pragmatic for me that I can use it in my life. But the problem that we are ^{now} considering is quite a different one. It is linked up with the possibility of a growth of oneself. And then, you might say, that kind of growth for a person; for him the sky should be the limit. One almost can say that the sky should be ^{his} unlimited ~~(aim)~~. Because we now talk in a terminology which is not, of course, of this Earth, and not even of the difficult things that we call constellations. But we now talk about concepts which have to do with totality of all things existing as they are, without pain and contradiction. And you ^{might} ~~may~~ say, it is a preposterous aim, again, for a man. But when he considers himself for what he is, he will never stop until he comes to a point of that kind of self-knowledge; in which all questions will disappear; ~~in~~ ⁱⁿ which everything, ^{that} he experiences will disappear; ~~in~~ ⁱⁿ which his concept of time, of course, ^{must} ~~will~~ disappear; ~~in~~ ⁱⁿ which the concept of dimension, and even space must disappear. Because his aim is to find Infinity. His aim is to find ~~out~~ what is Omnipresente. The aim of Omniscience, the aim of Omnipotence, those are attributes to the totality of God as Father, all loving Father, his Endlessness. Such concepts we are thinking about, ~~we're~~ ^{we} feeling it. And every once in a while have an inkling of what it is as an experience of being in the presence of something that one cannot understand ~~and~~ ^{-- in which} ~~in which~~ words fail, and feelings seem to evaporate. That one, ~~in~~ ⁱⁿ the presence of that as a concept, and perhaps as an experience, but as it were, fades away, ~~And~~ ^{as then} if man, in the presence of such entities, does not exist anymore. It is exactly that what is meant that a man loses his finiteness in the presence of Infinity. ~~And~~ [¶] so where we wish to ~~work~~ ^{and} on oneself, in order to gain absolute self-knowledge, nothing will be too high for a man to put in a prescription. ~~So~~ ^{So} that he can then say:

Everything that I can know, conceive, think about, feel; that I know
 the presence of; and that what I can even imagine, and what ought to
 exist even in my fantasy. In my imagination, the reality of that what
 I wish to become; or the totality of that what, ^I as a man, wish for my
 life to become, ^{and infused,} during () with the totality of all things alive. You
 see, the aim that is then expressed, in the wish for prescribing the road
 how to go further; ~~and how to become free;~~ ~~and how to become a man;~~
~~And how to join or become, or have the realization that one is a child~~
~~of God;~~ whichever way now again and again one wants to explain it. I
 am not then afraid of describing a method; because I say, ^I that method
 can then be linked up with the aim I have. The reason ^{why} ~~that~~ we don't
 apply it as ^{a duty} ~~activity~~ or Partkdolg-Duty, ^{ing} have the knowledge of being
 able to participate in, ^{that} what is real for a man, And becoming one with
 that what is his essential Essence, is exactly that there is no bridge,
 as yet, between such a need, and a necessity for a man to grow towards
 that aim. But (once when) the motivation is explained, and it has fallen
 into fertile soil of one's heart, then one becomes a different kind of
 person; because, then immediately, when one talks about Work, something
 else comes to the foreground. I've said many times, that Work of this
 kind cannot be understood until one is religiously inclined; and even
 to some extent confess^{es} that that ^{what} ~~which~~ is needed for the Essence of one's
 Life, is the ability to yield to that what is higher; and to undo one's
 selfish desire^s, in order to replace them with ^{that} what belongs to the
 World and the Universe as a whole. ¶ When this motivation is clear, you
 will ^{also} understand what is meant by Work; ~~ANDXXXXXXXXXXXX~~ Because then it is
^{up} ~~And~~ it is linked up ^{also} with your feeling regarding Work.
~~xxxx~~ linked ^{up} with the application of the thoughts regarding Work. ^{And}
 when these two centers of a man, which both are underdeveloped, become
 interested in an application as prescribed; ^{then} one can have a chance

that that what one then knows and feels can be in the application of use. And so I would, at such a time, simply say: ~~Anything~~ I will do now in order to reach the state which is desirable. And you can prescribe to me anything, because now I am convinced that I want to do whatever you prescribe. One says: Even if I have ~~xx~~ to stand on my head I will do it. Even if I have to drink ten gallons of water, I will do it. Even if you tell me to swim from here to England, I will do it. Even if it means that I have to eat ten meals a day, I will do it. Even if it means that I have to pray as long as I can, each day, on my knees, and my knees ^e_A resting on pebbles, I will do it. Because then I'm convinced that something is at stake for my life and the realization that I am incomplete and that there is then a chance given to complete it and to grow. I will ~~x~~ take ~~x~~ with all my heart because what else then will I do?

You see, a person must have such questions, that he really knows there is no answer in this world. And that his education has failed him, and that many people with whom he may have talked have failed him, because they have given him a couple of stones instead of bread. He cannot eat his philosophy. He cannot even eat his religion, because he doesn't ~~not even~~ know how to pray. He cannot even bring God down to him, because God doesn't know, and He wants only to know those who are striving to reach him. And the logical conclusion is, that a man must become, from a question mark which he is, an upright, standing-up person. Pointing with his hands and arms toward the sky, in which he believes Infinity resides, in some way or other; but in prayer dedicating that what is his life now, for the purpose of embellishing it, and developing it, and giving it a real reason for the existence. That is really what one tries to find as a motivation for one's life on Earth. Why do I exist on this Earth? What is it necessary that I have to learn? What is it that I must now find for myself and what then will I be able to

do about it? // And such considerations when, they have relations to the wish to Work on oneself, really should be ^{formed---} followed by ~~S~~, ~~S~~ Help me God!

Because ^{the} intention is the growth for freedom away from this what now binds one, and to affect; that is, rather, to become aware of such conclusions which ^{involve} ~~inform~~ all terminology of infinity, that ~~the~~ ultimate aim for a man is to find his place, ~~S~~ometimes, one says, in the arms of the Lord.

But for himself knowing that he has to Work in the vineyard of the Lord before the Lord can actually recognize him; that a man has to go to the bridge. We say it, simply, that his Kesdjan ^{body}, as if that as an octave has a bridge in it, which has to be ~~crossed~~, that God comes to the other side, and hopes that a man has strength enough to go across the bridge by himself, on his own steam. That is, ~~xxxx~~ ~~in~~ wishing to lose himself, in order to find God on the other side. And that then, in that kind of prayer, God will come, and stretch out ~~his~~ hand in order to help a person across that kind of a bridge. // All kinds of philosophies, and interpretations, and little theories, and all the different ways by which we ^{every} talk ^{once} in a while about Work, with different aspects and different perspectives. All that we have talked about many, many times, and those who are interested can always get some kind of a tape, regarding such subjects. But let it be clear first: your motivation, your wish to come and listen a little bit; and then to want to go home and see what ~~fix~~ to be done, ~~what~~ what is to be done. And really become serious, and come on Monday, And ask a question, as a result of that what you know in an application of your daily life; to find out if, actually, you have done what should be done, and if you have not made any mistakes, And please God, to tell me if I've made a mistake, because I'm serious about my life. // It's extremely difficult to instill this kind of seriousness in the ~~lives~~ ^{life} of people now living on this Earth. That is our greatest difficulty. Because there have been times, and there are still certain countries, where religion, and behavior forms linked up with spiritual development, were

more recognized, and admired and respected. ^{and} And we have lost all of that.

We look down on the Church sometimes with reason. We look down on Ministers. We consider them just ordinary human beings. Also, we look down on Priests. We look down on Rabbis. We look down on any kind of religion that is ^{not} suitable, and does not fit within our framework. We don't even want to spend the time to find out what is really meant by religion, even in History, or even at the present time, because we will not find it by just reading about it. The real religion for one's self is the conduct of one's life. It is the necessity of that kind of an application within one's ^{life} self, in accordance with that what ^{are} has the rules of such religions, and we just don't want to do it, because we ^{are} are lazy. We are not even educated to see ^{as} that it is laziness. We don't even know that we are lazy, because we are blind. And to come to the conclusion that something has to be done within one's ^{and that one's life} life on Earth, perhaps, is given exactly for that reason, to find out all the different kind of Indian Religions, ^{which you are perhaps - with} which you may be familiar. And the word ^{the} of the 'Karma', of that what has to be worked out, that what is ^{this} bondage on Earth, when man is conceived and born on Earth. And that during this particular time, which is given to him for a definite person -- for a definite purpose, that he then tries to find out what are the laws that bind him now; and what to do about dissolving them, or loosening them up; or to set his life free. Why do we consider, in this kind of a discussion, that what is needed for a man to become observant of? It is really his life, as it is within his body, so that ^{that} what we consider when one says, 'The mind is not ^{as} yet able to do it'. That is, it cannot do it in an unconscious states. That one says, 'But by God I have to ^{live} be and I want to be free and I will do anything. I say, 'I'll make a God who can, and who can tell me the same way as when I pray.' I said, 'Where is the God I want to

pray to. And if he doesn't hear, I'll make a noise like thunder to tell him. I wish to pray, because I'm entitled to my inner life. And I want God to hear it, because I am honest, and serious about my life. "After all, why was I born?" If I cannot say that, to that what I wish to exist, so ^{that} then when it exists, and I ask it to help me, that it can give me guidance, so that I will know what to do in this labyrinth of unconsciousness. As a man standing up straight, I'm entitled to that. I may not know exactly when I will die, I do know that I will; but I certainly want to find out what I can do before I die.

¶ So that is one thing, the creation of a God, on Earth, for me. Who then is of me, and belongs to me, because I've created it; but in an image which is not my own. The image, I say, is Life as a whole, about which I don't know anything. I try to find what is my life for myself, so I give this little 'I' the task. I say, "Will you please watch me?" But watch me in such a way that the facts you receive about me are reliable. Because reliability, the truthfulness of that what has to be serving ^{for} me for future building, I don't want that foundation to fall down. Sand and water need not and cannot spoil it anymore. I want to build on rock. I want to find out what is solidity. I want to have a basis which is not going to be destroyed, not even by an earthquake. ¶ That is my aim. And for that I say this little 'I'; "Will you become observant of me, as a body, to give me facts about my behavior?" But what do I mean really? I say, "Will you become observant of the life in me, which is expressed through my body?" Because ^{then} I can understand that that, when I see my form in which life is; and that form becomes acceptable to me. The form itself becomes transparent for 'I'. And I wish this 'I' to recognize the facts of my existence, by then being able to perceive my life within this form.

¶ You see, that is the problem, and that is ^{really} also the solution; because I want this 'I', then, to tell me in its terms what is me; and that what I am. And gradually add to this, further facts about myself; ^{because} ~~because~~

observations of ^{the} physical ^{behavior} forms of myself, it's just a ^{LITTLE} starting point. I want, of course, to know what is my personality. I want to know the totality of myself. I want to know what my thoughts are and my feelings, I want to know the motivations, I want to know what kind of conscience I have already. I want to know the kind of thoughts ^{that} are associated with the possibility of further growth. I want to know about my hope to join God ^{or} to ^{have} base faith [✓] that it is possible for me actually to develop, ^{of} But I want to know it [✓] All that I want to know [✓] in such a way that it is Absolute [✓] for me. I want to make out of the knowledge an understanding ^{for} my Being, That's the way I say it. I want my Being to be lifted up away from Earth, in order to become free from it. And then, from such a standpoint, gradually then growing and growing, up and up; ^{the} or let's say, away from ^{but through} Earth, ~~what-~~ ^{what-} ever concentric circles, I would have to go, and whatever my Karma will demand of me. I want to have that kind of a wisdom which surpasses all understanding. [✓] This is the aim for a man. And then he says, [✓] 'Begin.' Begin with just a very simple thing, because you know you have a motivation, and you said a little while ago, you'd do ^{almost} anything to find the truth. Now I take you up on your word, And I tell you now: [✓] You have this little 'I', which you create in the image of the Lord, but which is your own, and you have endowed it with certain properties. [✓] And the first property is that it becomes observant, or [✓] aware of you. And the second is, that it reminds you constantly of the Benevolence of the Lord, ^{and} that ^{then,} and because of that, [✓] what is your emotional state will profit by the presence of such an 'I' in your neighborhood, ^{so} that then, what is needed; and I tell you, now, very simple, almost childish kind of thing; just to let this little 'I' become aware of you, and give the facts to you, so that you ^{have} ~~base~~ the truth about yourself. [✓] And that's really all. [✓] Because after that, all things will be added [✓] onto a man. When one seeks the Kingdom of ^{the Kingdom of Heaven} Heaven, being within one [✓] self, uncluttered [✓] in its essential behavior forms, by anything that is now still apparent, ^{and} and which still has a certain form [✓] even, perhaps,

a density, ~~When~~ under the influence of this 'I', ~~that~~ that what is the form becomes transparent; ~~that~~ that what is within a man ~~has~~ ^{as} a replica of the Totality of his ~~life~~ ^{Life} concentrated in what we call his Magnetic Center, starts to wake up, also. And this Awakening, of that what is the essential Essence of ~~man~~ ^{a man,} is that what belongs to God. And it starts, then, in this Awareness, to look, also, impartially towards the possibility of further growth. ~~First~~ ^{First} beginning with the freedom, as set free from the form of ~~man~~ ^{man} in which now his body happens to be; ~~And~~ ^{and} it makes, then, that body translucent. You see, transparency is going towards the ~~center~~ ^{Center}. Translucency is going from the ~~Center~~ ^{Center}, to the outside World. ~~That~~ ^{That} is the concept of what is meant by little 'I', to accept oneself as one is. No more is necessary. I say, that is the Kingdom of ~~Heaven~~ ^{Heaven}. And that ~~what~~ ^{what} there ~~what~~ remains within oneself, is one's ~~Heaven~~ ^{Heaven}. And to that will be added all kinds of things belonging to the ordinary World; but this time understood from a standpoint of one's ~~Inner Life~~ ^{It is such a pity that inner life}. ~~is~~ ^{is} always forgotten; and that men are ashamed, even, to talk about a God for them, or ~~xxxx~~ ^{of --} a religion. ~~Even~~ ^{that} ashamed, if possible, that he could hide ~~then~~ ^{that} selflessness — selflessness. That they are sometimes not even proud that they are accentuating some other kind of ~~Life~~ ^{Life}, instead of their ~~own~~ ^{ei} own. That we still have to have the command of the Bible; ~~'to have yourself as someone else or someone else as yourself.'~~ ^{'to have yourself as someone else or someone else as yourself.'} But you see the law of equality is in ~~life~~ ^{Life}. And that what is alive in anyone else is alive in me, And I must treat it all equally as ~~Life~~ ^{Life}. Because in that kind of a condition, I am free entirely from whatever form it happens to appear to me. ~~Try~~ ^{Try} to understand the principles of Work; to see what is really as I say, the motivation for yourself; ~~what~~ ^{what} you really want to do with your ~~Life~~ ^{Life} as you grow up, as you are busy and as you want to do this and that on Earth, in this ~~World~~ ^{World} wherever you may be. It doesn't matter if you are here, or ~~if~~ ^{if} you go to Europe, or the Far East. ~~What~~ ^{What} you wish is to find a country within yourself. I mentioned sometime ago, the Hollow Earth, ~~That~~ ^{That} what

is hollow within the Earth is Shangri-la'. It is really that where is
 Essence. It is that where the essential ~~Essence~~ is no longer subject
 to laws of destruction, but only subject to laws of ~~Eternity~~. Where one
 wants to find out for oneself what is ^{it} with me that makes me wish to
 work. The determination of having the wish, ~~That what which~~ is there
 a little bit of knowledge, as contained in the prescription given by
 Dr. Gurdjieff. That then you will take it to the pharmacist, and ask
 him to fill it. ~~And~~ he will look at you and say, ~~But~~ this is not a per-
 scription for me. I don't deal in ^{these} the kind of organic chemicals. They
 are different because they have with it a Cosmic quality, and I'm all
 out of it. I used to have it when I was young, in this little phar-
 macist ^{store}, because I had then ambitions and idealism. And I ~~was~~ believed
 in the possibility of, ultimately, setting up a little bit of a shop, so
 that I could dispense, in medicine, all things for the body and ^{the} soul.
 But for a long time already I've left the soul out, because there has
 been so little demand. And you bring this ~~per~~ prescription to me, you
 might say, ^{I'm flattered.} ~~unfettered (?)~~ But I have to return it to you, because it is
 your affair, and you become your own chemist. And you mix all the in-
 gredients to the best of your knowledge, in order to receive from it,
 when you take it. But don't forget, this is not to be taken by a spoon.
 It is to be taken by your heart. That is where these kind of medicines
 belong. They are not superficial. They are not for your physical body.
 They are not primarily for your ^{psyche.} ~~psycho.~~ They are for the feeding of that
 what is an emotional state, and because of that, you have to become
 the judge. You have to find ~~out~~ ^{it} what is in your emotional ^{that} can guide
 you, and also what will give the measure of the truthfulness. ^{He said,} ~~It is~~
^{this} as if you give back. Here it is. Give it now to your conscience, and
 let your conscience read it. And then see if it is clear enough, that
 something in you has to create a little 'I' to help you; To give that
 little 'I' power; to ask such 'I'; will you become aware of myself? Will

you as ~~Amness~~ ^{an Awareness} establish an Objectivity which belongs to all Man; which is Objective because it recognised as the ~~Soul~~ ^{sole} road, the only way, which then, in its Objectivity must answer to requirements of being Impartial. And it must, of course, eliminate all kinds of mental processes which are called associations. And I ask; please, my little "I", be Aware of me, and I will feed you. I will do everything possible in order to change the Awareness into a State of Awakening, so that because of such Awakening, when you, my little "I", have grown up, and then in maturity, can come and help me, ^{to} become my guide, that both of us will find where ^{is} our Conscience and where is my Magnetic Center. One prays like that for the existence of little "I" and the hope that one's Life can become dedicated. Dedicated intelligently ^{actually} ~~gently~~, devoted emotionally. So good night.

MR. Nyland

End of tape

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